

12 Week Bicycle Training Program							
Week	Day with distance in km						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Rest	Efforts	Fast pace	Hills	Rest	Long	Easy long
1	Rest	Easy 10	10	x2 & 10km	Rest	35	25
2	Rest	1 min/x5	12	x2 & 10km	Rest	35	25
3	Rest	2 min/x5	15	x2 & 15km	Rest	40	30
4	Rest	1 min/x5	Easy ride	Easy ride	Rest	35	25
5	Rest	2 min/x5	15	x2 & 15km	Rest	40	30
6	Rest	3 min/x5	20	x3 & 20km	Rest	45	35
7	Rest	4 min/x5	25	x3 & 25km	Rest	50	40
8	Rest	1 min/x5	Easy ride	Easy ride	Rest	35	25
9	Rest	4 min/x5	25	x3 & 25km	Rest	50	40
10	Rest	5 min/x5	30	x4 & 30km	Rest	60	45
11	Rest	10 min/x3	35	x4 & 35km	Rest	75	50
12	Rest	3 min/x5	Easy ride	Easy ride	Rest	45	35

Note: Always start your ride with an ease 10-15 min warm up (easy pedal) and finish off the ride with an ease 10 min pedal cool down. This can be included in the total distance for that day.

Note: With the efforts (Tuesdays), do a 15 min warm up then pedal hard for the prescribed time followed by an ease spin that matches the length of time of the effort (i.e. 4 min effort (pedal hard) and 4 min easy spin between the efforts). End with a 10 min cool down. The distance is irrelevant.

Note: With the hill climb (Thursdays), find a route with the distance needed to ride and go up that hill (repeat) the prescribed times (i.e. x2 & 10km - ride 10km and go up a hill 2 times.)

Note: This program is for beginners (first time rider). If you are a novice or more experienced rider then you can increase each days ride by x2 or x3 (or more). Saturday and Sunday's ride can be switched. Week 4, 8 and 12 are easier to give the body and mind a break.